

OCTOBER FITNESS CHALLENGE!

BURN OFF THAT BAR!



OCTOBER 2026

Every day in October, tackle one candy inspired fitness challenge.
Each activity is designs to match the calories of a popular Halloween treat!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Fun Sized Snickers 80 Calories: 10 mins of Jumping Rope	2 Reese's Cup 105 Calories: 1 mile of brisk walking	3 KitKat 210 Calories: 20 minutes of cycling	4 Fun Sized Milky Way 80 Calories: 20 minutes of jumping jacks
5 Twix 80 Calories: 100 Jumping Jacks	6 Peanut M&Ms 190 Calories: 2,500 steps	7 Fun Sized Butterfinger 90 Calories: 15 mins of yoga flow	8 Reese's Pumpkin 170 Calories: 15 mins of HILT	9 Almond Joy 220 Calories: 20 mins of bodyweight workout	10 Hershey's Bar 210 Calories: 2 miles of jog/run	11 Fun Sized 3 Musketeers 85 Calories: 10 mins of dancing
12 Caramel Apple Pop 70 Calories: 75 Squats	13 Candy Corn 140 Calories: 15 mins of brisk walking	14 Fun Sized KitKat 70 Calories: 7 mins of planking & core	15 Snickers 250 Calories: 25 mins of cycling	16 Reese's Pieces 190 Calories: 2 miles of walking	17 Payday Bar 240 Calories: 20 mins of rowing	18 Fun Sized Twix 80 Calories: 10 mins of wall sits
19 Mini PB Cup 90 Calories: 1 mile jog	20 Starburst 160 Calories: 15 mins of jump rope	21 Milky Way 240 Calories: 25 mins of stair climbing	22 Hershey's Kiss 25 Calories: 25 push ups	23 KitKat 210 Calories: 20 mins of circuit training	24 Reese's Cup 105 Calories: 1 mile of power walking	25 Butterfinger 250 Calories: 30 mins of spin class
26 M&M Minis Tube 150 Calories: 15 mins of cardio mix	27 Caramel Popcorn Ball 200 Calories: 20 mins of strength circuits	28 Fun Sized Snickers 80Calories: 100 crunches	29 Reese's Pumpkin 170 Calories: 20 mins of kickboxing	30 KitKat 210 Calories: 2.5 miles of walking	31 It's Halloween! Your Choice Pick your favorite candy & double your workout!	

We are not recommending eating these fun size candies each day!

This calendar is to keep your fitness goals in check should you indulge this month. Find your favorite candy treat and perform the amount of exercise as part of the challenge. Use a fitness tracker or heart rate monitor for more exact measurements for your body.



YMCA OF LONG ISLAND

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**START
CHALLENGE!**

